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Recycling Christmas

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A Christmas Angel

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Christmas Gallery



the newham mag

Issue 290 // 20 December 2013 – 17 January 2014 // Merry Christmas and Happy New Year

MANDELA ROAD

London Borough of Newham



Idris Elba

The road from Canning Town
to Hollywood (p10)

A&E is for emergencies only

An emergency is a condition that can cause loss of life or limb.

Self care

A lot of common illnesses can be treated in your home by using medicine and getting plenty of rest. It is worth keeping in your medicine cabinet some paracetamol or aspirin, anti-diarrhoea medicine, rehydration mixture, indigestion remedy, plasters and a thermometer.

Check your symptoms with the NHS Symptom Checker

Visit www.nhs.uk and answer a series of simple questions about your symptoms to help you find out what is wrong and what you should do next.

Pharmacy

Your local pharmacist can give you friendly, expert advice about medicines that can help with lots of common conditions. There is no need for an appointment. As well as dispensing prescriptions, they provide a range of services related to specific health issues and can advise on minor ailments such as colds, skin conditions and allergies. There are over 60 pharmacies in Newham and you can find your nearest one at www.nhs.uk.

Your GP

When you or your family are ill you can book an appointment to see a local GP. You can get the treatment you need at a convenient time and place and reduce the demand on emergency services. If you are not registered with a GP please visit www.nhs.uk to find your nearest GP practice.

Out-of-hours GP

When your GP is closed you don't need to go to A&E. Just call the out-of-hours GP to speak to a local GP during the night or on a weekend. The number is 020 7511 8880 so save it in your phone now!

For all your healthcare needs visit www.nhs.uk, dial 111 for urgent medical advice or visit a walk-in centre if you are not registered with a GP.



the newham mag



WINTER 2013/14 (Issue 290) – New Year. This is the final Newham Mag of 2013 and what an issue it is.

On page 10 we talk to Idris Elba about his film portrayal of one of the world's most respected people – Nelson Mandela. Mayor Sir Robin Wales also pays tribute to Nelson Mandela on page 6.

There is useful health advice on page 8 and on page 20 we meet one of the nurses who will be working in Newham University Hospital's Emergency Department over the Christmas break.

Look out for our next edition for the new you in the new year.

Councillor Elsie Robinson
Executive member for community
affairs (North) and safeguarding

To request a large print version of the Newham Mag call 020 3373 1517 or email newham.mag@newham.gov.uk

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Look out for the next issue from 7 January 2014

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IN BRIEF //

Housing service survey

Newham Council tenants and leaseholders who have been invited to share their opinions on the housing services they receive have until 30 December to return their questionnaires.

Survey forms have been sent to a large sample of residents to find out their opinions. The council needs as many people as possible to complete the survey so that it can be sure it has a complete picture of what people think of where they live.

If you have received a form, fill it in and return it to the address provided. If you do so you will be entered into a prize draw with the chance to win £500. All the information provided will be confidential.

East Ham library closure

East Ham Library, High Street, South EB, will close at 5.30pm on Tuesday 24 December. The thousands of books and other resources will then be moved to the new state-of-the-art Customer Service Centres and Library on Barking Road, which opens in February 2014. Visit www.newham.gov.uk/libraries for more information.

Patients have their say

Newham Clinical Commissioning Group and the Forum for Health and Wellbeing are offering residents the opportunity to help make their local GP surgery better.

People who would like to improve the patient experience at their GP practice are invited to join their surgery's Patient Participation Group or support the surgery in setting one up. For information contact:

abigail.watkin@nhsbsa.co.uk or call 020 7473 9610.

>> Campaign to protect pubs



Dr Ian Corbett, right, and Cllr Venessa Desai outside East Ham's Best of Household pub that... (see story)

Newham Council is to put pressure on the Government for more powers that could prevent the closure of pubs.

Councillors agreed a motion calling for changes to planning rules under the Sustainable Communities Act, which will mean any proposed conversion or demolition of a pub must be first considered by the council and residents.

Current planning laws dictate that pubs can be turned into fast food takeaways, betting shops, supermarkets or pay day loan companies without planning permission.

Councillor Ian Corbett, executive member for infrastructure and environment, proposed that the council supports the Campaign for Real Ale, who are leading the call for planning permission and community consultation to be required before any pub is converted.

He said: "It is only right that residents and the council have a chance to determine if pubs should close or not. We must have a degree of control."

Mayor proposes Council Tax freeze

Mayor Sir Robin Wales has again indicated that Newham residents will not be asked for a penny more in Council Tax for the next year running.

In his initial budget proposals approved by the council's Cabinet, the proposed freeze would mean properties in Band D continuing to pay £945.63 to cover the Newham element of Council Tax - the same level since 2006/9. It is also expected that Newham would continue to have the lowest Council Tax in Outer London.

Sir Robin said: "We remain under the cosh from the savage reductions in funding from the Government but I remain committed to protecting the services that residents say are important to them and that change people's lives for the better."

The Mayor's final budget proposals will be considered by the full council in February.



News

Sculpture plan is approved

Newham Council's Strategic Development Committee has granted planning permission for a bronze sculpture in Stratford to honour legendary director Joan Littlewood.

The sculpture on a stone base can be erected outside Theatre Royal Stratford East. It will be made by acclaimed artist Philip Jackson.

Littlewood, who died in 2002, brought her Theatre Workshop Company, which performed shows aimed at working-class audiences, to Stratford in 1963. The sculpture will be based on a photograph of her sitting on steps outside the theatre in 1967 when the area was being redeveloped.

Mayor Sir Robin Wales and actress Barbara Windsor recently launched a campaign to fund the sculpture. Sir Robin said: "It will give Stratford a feature that will link to its rich history and provide a fitting memorial to a radical figure that put Theatre Royal Stratford East on the global stage."



Purge on metal dealers

Scrap metal dealers were targeted by Newham Council's enforcement officers and police as part of the council's borough-wide rolling Operation Ohio crackdown on crime and anti-social behaviour.

The Scrap Metal Dealers Act 2013 makes it a statutory requirement for all scrap metal dealers to be licensed by the council. Eight vehicles were stopped in streets in Canning Town to see if they had licences.

The occupants of two vehicles were warned for not having licences. One vehicle was seized by police for not having business insurance.

Councillor Ian Corbett, executive member for Infrastructure and environment, said: "We want to work with good scrap metal operators and drive the bad ones out of business."



Close shave is for good cause

Newham councillor Sheila Thomas said goodbye to her hair as she had her head shaved to help collect gifts for people staying in hospital over Christmas.

The Plaistow South ward councillor volunteered to lose her famously pink highlighted locks in exchange for donations of clothes, books, and toiletries for patients at the Newham Mental Health Unit in Plaistow.

The charity shave took place in a salon at the Asda shopping complex in Beckton with Mayor Sir Robin Wales and Sheila's fellow councillors Neil Wilson, Farhad Hussain and Ayesha Chowdhury shaving the first locks.

Sheila said: "It is important the patients in the unit know that someone is thinking of them at Christmas. I have a nice woolly hat to put on should the weather turn really cold."



The Mayor and Cllrs Wilson and Hussain had the shave. inset Cllr Thomas

Remembering a human hero

At the start of our full Council meeting last week councillors, officers and members of the public, impeccably observed a two-minute silence in celebration of the life of Nelson Mandela.

We heard an extract from his speech at the start of his sentence case in the trial at which he was sentenced to life imprisonment. They were his last public words before he was released from prison in 1990 and they continue to evoke strong emotions and memories. He said: "I have cherished the ideal of a democratic and free society in which all persons live together in harmony and with equal opportunities. It is an ideal which I hope to live for and to achieve. But if needs be, it is an ideal for which I am prepared to die."

"His strength, dignity and overriding compassion for his fellow human beings lives on as a shining inspiration"

The death of Nelson Mandela is truly sad, but it offers us an opportunity to reflect on the incredible contribution he made as the world's greatest citizen. His strength, dignity and overriding compassion for his fellow human beings lives on as a shining inspiration. On behalf of all of

us I offer our condolences and eternal gratitude to the family and friends across the globe.

We flew the flags at half mast from our Town Halls in Stratford and East Ham as a mark of respect. Condolence books were opened for residents to convey their respects and we shall pass those books to the South African Embassy.

Mandela's story is ultimately what the essence of Christmas is about – forgiveness and reconciliation of all people. One of the ways he did that was his understanding of how sport can be a bridge that brings people together. This was most brilliantly illustrated in 1995 when South Africa hosted the Rugby World Cup.

From the beginning of the tournament Mandela made it his mission to get close to the many white players in the national team. When South Africa defeated the New Zealand All Blacks to win the trophy Mandela wore a Springbok jersey and joined team captain Francois Pienaar in the celebrations. Under apartheid the Springbok emblem was reserved for white people. By wearing a jersey with that emblem he was showing that for all the wrongs the apartheid regime had done, Mandela could forgive and forget.

In less than two years Newham will host the South African team when they play at Stratford's Olympic Stadium.



Mayor's view

during Rugby World Cup 2015. That game now has added poignancy.

I took the opportunity to look at some of Mandela's Christmas messages to the people of South Africa. In 1990, the last Christmas in which his nation observed white minority rule, he said that Christmas should be a time of joy, when families come together to celebrate the festive season and that New Year should be a time to look forward with hope and resolution.

In 1995 he said that while Christmas should be a time of deserved relaxation with loved ones, it is also a time for sharing, for remembering children who do not enjoy the care of parents or loved ones, and those who cannot fend for themselves or are in hospital or disadvantaged in many other ways.

We would do well to embrace those messages because amongst all the excitement that comes with the arrival of the country's biggest public holiday it's easy to forget that Christmas is a time for people to spend time with others, whatever their



religious beliefs – and that's what brought people together when we switched on our Christmas lights in East Ham, Stratford and Forest Gate this year.

Enjoy your Christmas, but also spare a thought for those who are

working over the holiday and also our armed services that serve and protect us throughout the year. On behalf of everyone at Newham Council, I wish you a happy, healthy and safe Christmas and a prosperous new year.



Comments from our books of Condolence

- “Madiba I watched you as a 17 year old. You walked to freedom to start the journey to equality for all my family. I have learnt so much, you will remain my father.”
- “You left a legacy larger than any other living being has ever left. You'll remain in our hearts eternally.”
- “Today we are a free nation because your struggle brought us freedom for all humanity RIP.”
- “You are an inspiration of strength and values. The whole world has learnt from your life. Thank you.”
- “The TRUE meaning of light! A TRUE and everlasting inspiration, God Bless.”
- “A man who showed the world that adversity can be overcome and peace can prevail. He will be sadly missed.”

with Sir Robin Wales

Christmas and New Year revised refuse and recycling collection times



Collection day	Revised collection day
Monday 23 Dec	Saturday 21 Dec
Tuesday 24 Dec	Monday 23 Dec
Wednesday 25 Dec	Tuesday 24 Dec
Thursday 26 Dec	Friday 27 Dec
Friday 27 Dec	Saturday 28 Dec
Monday 30 Dec	Monday 30 Dec
Tuesday 31 Dec	Tuesday 31 Dec
Wednesday 1 Jan	Thursday 2 Jan
Thursday 2 Jan	Friday 3 Jan
Friday 3 Jan	Saturday 4 Jan

Normal collections resume from Monday 6 January

To check recycling collection dates for your area please visit www.newham.gov.uk/mynighbourhood and enter your postcode into the search. Please note that most recycling collections are now fortnightly.



London City Airport
Get closer

Sound Insulation Scheme

The Airport offers sound insulation to eligible properties within the 60 dB noise contour and enhanced sound insulation to properties within the 65 dB noise contour. To be eligible, your property needs to be within one of the contours, and must consent to the data planning permission will grant it to the construction of your property.



Example Noise Contour

100m wide

No application to the Scheme, automatically, every year an annual record is produced using the property's address. You can view it at any time and get more information on the London City Airport Consultative Committee (LCACC) website at www.london-city-airport.com/consultative-committee. If you are on the list you will be contacted directly by post by the Airport's Sound Insulation Administrator.

If you have already applied under the previous Sound Insulation Scheme, no year record is automatically produced for properties which have had either a boundary change or a mechanical device installed.

For further information, or to obtain a sound insulation record, please visit the LCACC website, www.london-city-airport.com/consultative-committee or contact the Sound Insulation Adminstrator on 0845 300 0700 or soundinsulation@london-city-airport.com.



COURSES STARTING IN MARCH

NFC/19

LEVEL 1: FOUNDATIONAL PROGRAMME AS ANNUAL OR PROGRESSIVE

UNDERGRADUATE PROGRAMME

- FOUNDATION AND MAINTENANCE
- FOUNDATION STUDIES (just one foundation module)
- PSYCHOLOGY
- PSYCHOLOGICAL AND COUNSELLING PSYCHOLOGY
- BUSINESS RELATED STUDY PROGRAMME
- BUSINESS AND DATA SCIENCE
- BUSINESS AND MANAGEMENT
- BUSINESS AND MARKETING
- BUSINESS AND PERSONAL FINANCIAL PLANNING
- BUSINESS AND PERSONAL FINANCIAL PLANNING
- BUSINESS, FINANCIAL PLANNING, PERSONAL FINANCIAL PLANNING
- BUSINESS, FINANCIAL PLANNING, PERSONAL FINANCIAL PLANNING

MASTER'S DEGREES

- INTEGRATED GRADUATE PROGRAMME
- SPECIALIST COURSES/STUDIES

TEACHING DEGREES

- BEd

DISCRETE COURSES

- STRATEGIC GENERAL MANAGEMENT
- BUSINESS FINANCIAL ANALYSIS
- CLOUD COMPUTING
- DATA MANAGEMENT
- FINANCIAL MANAGEMENT

STILL UNDECIDED?

- VISIT US FOR A TOUR OF THE CAMPUS AND PRACTICAL INFORMATION



London City University is a registered provider of vocational and further education courses. Every course may not be available at every delivery location. London City University is a registered provider of vocational and further education courses. Every course may not be available at every delivery location. London City University is a registered provider of vocational and further education courses. Every course may not be available at every delivery location.

Keep warm and well

As the weather gets colder, the demand on health services increases. Many people who go to Newham's accident and emergency (A&E) unit could have received quicker and more appropriate treatment elsewhere. Choosing the right health service will allow the A&E department to concentrate on those really in need of emergency treatment.

If you have an illness or injury that won't go away, like vomiting or backache, see your GP if you have an urgent condition, most surgeries will make sure you have the chance to speak to a healthcare professional the same day. Newham also has a GP out-of-hours service.

Walk-in centres can treat most minor injuries including suspected broken bones, cuts and rashes. Your local pharmacist can advise on how to look after yourself at home and guide you to the most appropriate over-the-counter treatments.

To keep warm and well during cold weather:

Get your flu jab: Do so if you are 65 or over, pregnant, have certain medical conditions, live in a residential or nursing home or are the main carer for an older or disabled person.

Keep warm: Keep your main living room at 16-21°C (65-70°F). If you can't heat all rooms you use, heat the living room during the day and bedroom before you go to sleep. Draw your curtains at dusk and keep doors closed to block draughts.

Look after yourself and check on older neighbours or relatives: Wear several light layers of warm clothes and shoes with a good grip. If you need to go outside, Make sure you have sufficient medication to cover the days that the surgeries are closed.

Eat well: Make sure you have hot meals and drinks regularly throughout the day and keep active if you can.

Get financial support: Seek grants, benefits and advice to make your home energy efficient, improve your heating or help with bills. Visit www.newham.gov.uk/energyefficiency

Check heating and cooking appliances: Carbon monoxide is a killer. Make sure flues and chimneys are swept.

For information about when it's best to use self-treatment, pharmacists, GP services and A&E visit www.nhs.uk or call 111. For local information you can also visit www.newhamcog.nhs.uk

The Newham GP Co-operative, which offers out-of-hours care, can be reached on 020 7511 8880.



Making history

Most people know Idris Elba as Stringer Bell from *The Wire*, or John Luther from the BBC TV series or a host of other roles that now includes the late Nelson Mandela, but Idris originally hails from Newham.

From Canning Town to Hollywood, Idris Elba's journey from the East End to global stardom is an extraordinary story, but one that's eclipsed by the subject of his latest film.

Just 24 hours before the Royal premiere of Mandela: Long Walk to Freedom the Newham Mag spoke to Idris Elba. We didn't know that global events would soon overtake us, with the death of Nelson Mandela.

What are your memories of Newham?

I grew up in Canning Town and then moved to East Ham. Canning Town wasn't fun at that point because it was a big National Front area. It was tough and you had to stand up for yourself. I met my great school there, Trinity, which was knocked down. I was coming back – my mum still lives in Newham and I'm always there. I never felt like I left it.

How did you get beyond the myth of Mandela?

I had to find out things about him that made him more human. As weird as everyone thinks he is, in real life he was quite stern with his children. You can't imagine Nelson Mandela being treated like a slave in prison but that's what happened. He was also always flirting with the lady journalists and he didn't mind getting into a debate. He would be polite but if your facts were wrong, he'd tell you. These are the things that influenced me so I could understand who I was trying to play.

Did you study his mannerisms?

I studied, but I interpreted a lot. I used my dad as a model for Mandela as a 70-year-old man, only because there would be similarities in the way they would move, gesture and so on. My dad passed

recently. He saw the film and he didn't recognise himself but he recognised all his brothers. It's my greatest piece of work and it's dedicated to him.

Where did you first hear the name Mandela?

It was in Newham at Trinity School. My dad was very much into what was happening with Mandela, very much an advocate for the fight. My dad was at Ford's and I think he did a petition for Mandela.

Are people surprised you're from London?

Less and less. I've done more roles in other accents than my normal accent. It was an amazing experience to play John Luther, an English character, with my own accent and be on British TV. It's great being on HBO in America but my mum just wanted me to be in EastEnders. This was the closest I was going to get.

What made you go into acting?

I think it comes from being an only child. When you've got two toys, you do two voices. I wouldn't want to go to bed because I would be in the imaginary world playing with my toys.

What advice would you give young aspiring actors?

Understanding what it is you want to do and understanding there are many research tools, classes, workshops and people that are accessible. It takes getting off your phone and finding a drama course on a Saturday. The South Bank is a stone's throw away from Newham and it is rich in opportunity. Everything I ever wanted to know about acting was in a library book.

Following Nelson Mandela's death, Idris issued a statement that said: "I am stunned, in mourning with the rest of the world and Mandela's family. We have lost one of the greatest human beings to have walked this earth. I only feel honoured to be associated with him."



To be in with the chance of winning a copy of the Mandela Road sign from Canning Town, signed by Idris, answer this question:

When was Mandela freed?

1. 1910
2. 1990
3. 2013

Email your answer, name, address and telephone number to newham.mag@newham.gov.uk or send it to Newham Dockside, 1000 Dockside Road, London, E16 2OU by Thursday 2 January.



With an Honorable in the Top with
Neville Hounds on Nostalgia Memories

New Year:

New Year is a time for resolutions that can make your life and your world better. This year why not think about zero waste.

At the core of zero waste is a simple concept: produce less waste.

It is something that we can all aspire to. We can all use fewer polystyrene cups and plastic containers. We can all choose products with less packaging. We can all recycle and compost more.

Zero waste might sound idealistic but it is born of a sobering truth – we cannot afford so much rubbish. Space to bury rubbish is becoming increasingly rare and expensive. Landfill tax for active waste is already £72 per tonne. It will rise to £90 in April 2014. Newham already spends £13.65m of your money disposing of household waste.

At no time of year is this more important than Christmas. At Christmas each person in the UK throws away an average of 6.6kg of rubbish. Collectively we use enough wrapping paper to reach the moon, and we throw away 250 tonnes of Christmas trees.

Wrapping paper, trees, cans and plastic bottles can all be recycled.

For many residents sorting the recycling from the rubbish has already become a matter of course, but food waste is the next big thing.

Tips for reducing food waste and saving money

The best way to avoid food going into landfill is to avoid wasting food in the first place. Did you know that many families could save up to £50 per week by wasting

less food? Food takes lots of water and energy to produce, and wasting it adds to greenhouse gases. Here are some tips to reduce waste and save money.

- > **Buy only what will get eaten.** If the kids won't eat sprouts, maybe try peas instead.
- > **Plan your portions – portion sizes are often smaller than you think – you might be able to buy less than you thought you needed.**
- > **Fruit and vegetables all keep longer in the fridge (except bananas and pineapples).**
- > **Got any leftover wines or sauces?** Freeze them in ice cube trays and use them when you need them.
- > **If your Christmas pudding and cream isn't all eaten, you can make it into a delicious ice cream.**
- > **Leftover cheese?** Grate and freeze it, so you can just grab a handful whenever you need it.
- > **Anything else?** Almost everything tastes good in an omelette.

For recipe ideas and money saving tips visit www.lovetfoodhatewaste.com



Seasonal tips for recycling:

If you have a real Christmas tree, book a free garden waste collection, or take it to Jenkins Lane Reduce and Recycle Centre, Jenkins Lane, IG11. Remember to remove all lights and decorations first.



You can put your wrapping paper into recycling, but foil or plastic gift wrap must go into your rubbish bin. You can also recycle your Christmas cards, or make them into gift tags for next Christmas. Recycle your cardboard, but flatten or tear it up before putting it into your bin to save on space.

To book a free garden waste collection or apply online at www.newham.gov.uk/greenwaste

For more information visit www.newham.gov.uk/recycle

NO waste



What you can and cannot recycle:

It is really important that your recycling bin or bag is only used for recyclable material.

Waste Item

✓ Yes please

✗ No thank you

Food and drink cans



- Food tins and cans
- Drink tins and cans
- Aluminum and steel cans
- Metal lids

- Glass – take to your nearest recycling bank
- Aerosols and paint tins*
- Hypodermic needles or other sharp objects – dispose of in a sharps box or call 020 8430 2000 or a special collection
- All other metals take to Jenkyns Lane RRC

Mixed paper and card



- Newspapers and magazines
- Brochures and leaflets
- Telephone directories
- Junk mail and envelopes
- Other white household paper
- All cardboard – **new service**

- Jumbo cartons – take to a special drink carton recycling bank
- Books – donate to your local charity shop

Plastic bottles



- Plastic squash bottles
- Flizzy drink and water bottles
- Plastic detergent and shampoo bottles
- Plastic milk bottles
- Please **empty** all cans, and rinse and squash all plastic bottles

- Glass bottles
- Meringue tins*
- Yoghurt pots and lids*
- Cling film*
- Plastic meat trays*
- Polythene*

*Please in rubbish bin

Take glass to one of the recycling bring banks in the borough.

Please do not put any food waste or nappies in your recycling. It contaminates the bin. For Christmas and New Year revised refuse and recycling collection times see page 8. To check recycling collection dates for your area please visit www.southwark.gov.uk/MyNeighbourhood and enter your postcode into the search.

Starting school

If your child will have their 5th birthday between 1 September 2014 and 31 August 2015 you need to apply for a reception class place now.

The deadline for a reception class place for September 2014 is **15 January 2014**. If you miss this date you will have less chance of getting the school that you prefer. Pick up a copy of the autumn 2013 edition of the Starting School guide from any Newham Council operated nursery, infant or primary school.

Apply online, to apply on time.



Helping us help you



If you use any of Newham Council's services you'll want to know what's open and when during the Christmas break so that you can still get all your usual services, from reporting problems, to fitness classes and social activities.

Remember you can also now do a lot of things online, from renewing library books and reporting problems to booking a green waste collection for your Christmas tree. Just visit www.newham.gov.uk/

MyNewham

Community centres

Newham's community centres will be open as usual on Tuesday 24 December, then closed from Christmas Day until Thursday 2 January.

Contact centre

Newham's telephone contact centre will be open as usual (Monday to Friday 8am to 8pm) apart from Christmas Day, Boxing Day and New Year's Day, when it is closed.

Customer service centres

Our customer service centres in Stratford and East Ham will be open until 5pm

on Christmas Eve and then closed from Wednesday 25 December until Thursday 2 January.

Leisure centres

East Ham Leisure Centre, E6 will be closed from Monday 22 December until Sunday 5 January 2014 while we make some exciting improvements, including adding state-of-the-art equipment, new activity areas and improved changing facilities.

Newham Leisure Centre, E6 will be closed on Christmas Day and New Year's Day and will have slightly altered hours of 6:30am to 8pm on Christmas Eve, and 8am to 8pm from Thursday 26 to Tuesday 31 December.

Graysam Leisure Centre, E13 will be closed Christmas, Boxing and New Year's Days, open 7:30am to 8pm on Christmas

Eve, and 8am to 8pm from Friday 27 to Tuesday 31 December.

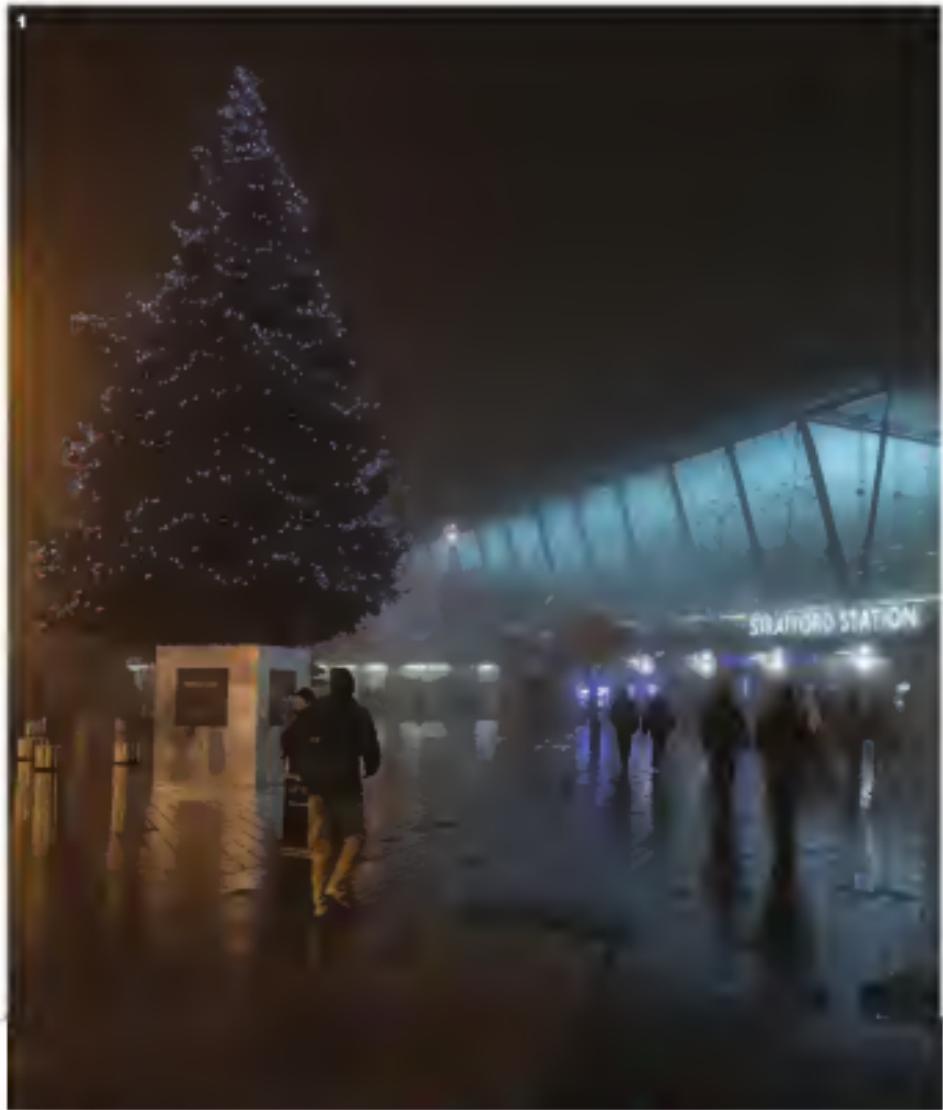
For more information about Newham leisure centres, including normal opening hours, visit www.activenewham.org.uk

Libraries

Newham libraries will be open as usual on Christmas Eve and closed from Christmas Day to Thursday 2 January 2014.

For full details about revised hours for Newham Council services over the festive period, including Newham Register Office and parking service, along with information about the borough's Christmas markets, please visit www.newham.gov.uk/christmas

For revised refuse collections please see page 8.



Newham in pictures



1 A Christmas tree in Morden Square, E15 lights the way for weary travellers, bringing yuletide cheer to a foggy winter's day. 2 Switching on the Christmas lights with the Forest Gate massive. 3 Desperately in search of Santa in Stratford. 4 You hum it and I'll play it. Children from the Manor Park Schools Federation learn to play together with the Commonwealth Youth Orchestra. 5 Poops Vegi of Credit Suisse helps bring food hampers for the elderly to the Resource Centre, Chigwell Lane, E13.

Offering Offer
For 2013 Patients

SpecStore Opticians

Now Open in Canning Town

www.specstore.org

- Free Selective Designer Frame
- Free Eye Examination
- Free Lenses including Bifocals & Varifocals

FOR ALL NHS QUALIFYING PATIENTS

Ask Inside About NHS Qualifying Criteria. Must Present Voucher At Time Of Purchase. Terms & Conditions Apply. Offer Only Valid At: Specstore Opticians, 32 Barking Road, London, E16 1EQ Tel: 020 7476 4745

For Appointments Call 020 7476 4745

32 Barking Road, New Rathbone Market Development
Canning Town, London, E16 1EQ

GUCCI

PRADA

BOSS

D&G

& Many More Brands Now in Stock



NEWHAM COUNCIL AND ROYAL DOCKS TRUST JOINT FUNDING FOR COMMUNITY PROJECTS 2014/2015



Newham Council and the Royal Docks Trust are voluntary and community organisations which serve the Docklands-area of Newham (south of the A13 Newham Way). To apply for funding

Priority will be given to projects that:

- contribute to the growth of personal, community and economic resilience in the area of benefit
- enable the community and voluntary sector to provide services contributing directly to the regeneration of the area and access to jobs
- include youth work and cultural, sports and leisure activities for children and young people
- benefit older people, disabled people and present sustainable opportunities to improve quality of life
- demonstrate value for money
- maximise long term benefits for local residents

For further information please contact Community Grants Team on 020 3373 6019 or email: communitygrants@newham.gov.uk

Application packs can be downloaded from the following websites: www.newham.gov.uk/royaldockstrust or www.royaldockstrust.org.uk

Closing date for applications:
5pm on Thursday
23 January 2014



Litter is rubbish. This is true all year round, but even more so at Christmas. Let's make an extra special effort to keep our streets clean and attractive so that we can all enjoy the Christmas lights, the Christmas decorations and the Christmas cheer.

If you are out and about doing your Christmas shopping make the extra effort to take your rubbish and waste packaging home with you, especially if you buy something to eat on the move.

And remember if you get caught dropping litter it is better pay your fixed penalty notice straight away than waiting to go to court where it will cost you around four times as much.

We all want to have an enjoyable litter free Christmas as well as not dropping litter why not let us know if you recognise any of the humbugs and Grinches pictured on this page.

The pictures on this page show people who are responsible for dropping litter and other forms of anti-social behaviour. If you recognise anyone please call 020 3373 4479 and quote the reference number beside the picture.

Ensuring your anonymity

Newham Council is committed to tackling crime and anti-social behaviour in partnership with the police and other agencies. If you provide information regarding identities:

- you will not be required to provide your name
- you will not be required to leave your contact details
- you will not have to make a statement.

Don't put up with rubbish. Don't drop it and if you see it report it.

To get it cleared up report it online at www.newham.gov.uk/MyNewham



Ref: Deci2806



Ref: Deci1482



Ref: Deci4404



Ref: Deci4796



Ref: Deci4778



Ref: Deci4824



Ref: Deci1484



Ref: Deci1501



Ref: Deci5338



Ref: Deci1806



Ref: Deci1808



Ref: Deci1467



Ref: Deci9425



Ref: Deci1843



Ref: Deci1810



Ref: Deci1702



Ref: Deci8944



Ref: Deci1816



Ref: Deci18078



Ref: Deci18026



Ref: Deci28233



Ref: Deci1407

Please call 020 3373 4479 and quote the reference number by the picture.

CAUGHT ON CAMERA

A Christmas angel

This Christmas spare a thought for the members of our emergency services, who will be working throughout the holidays, to care for you if you need them.





Most days Newham University Hospital's Emergency Department (ED), formerly known as A&E, sees 230 to 240 people. Last year in the week from Christmas Eve to New Year they saw 2,187 people.

Shobana Ali is a Staff Nurse of the ED in Newham University Hospital. She was born in Newham and has lived here her whole life. This Christmas she will be on the front line, saving lives.

What is it like working over Christmas?

I worked last year and I got quite busy at times, because GPs are closed and anyone with a problem comes to the ED. But it was a nice atmosphere. The patients and their families are friendly and there is a festive feeling. They understand that a lot of staff have to leave their families at home and come to work.

Christmas Day was quiet, but the next day and the week after were busy. People often muddle through on Christmas Day itself and then they come to us. Often they are sicker on Boxing Day and the day after because they have ignored symptoms and some come because they don't know where else to go.

Demand rises during winter. When it gets really cold we see around twenty five per cent more people, mainly vulnerable groups.

Is there additional support during winter?

We have extra nurses and doctors available, not in usual numbers, but one or two more here and there, which makes a massive difference. There will be extra beds at Newham and across Barts Health NHS Trust as a whole.

We have a winter plan with an additional £12.8m to help Barts Health's three EDs meet demand. Some of that will also fund community projects to try to prevent people, especially elderly patients, having to come to hospital in the first place.

Why do people come to the ED at Christmas?

We see a variety of things - from flu like symptoms to cardiac arrest and

shortness of breath. It varies day to day.

We also get people whose medications or prescriptions have run out. People should plan ahead and make sure they have enough medications for the Christmas break.

The 'blue calls' are our most urgent calls and in that week we only had about fifty or sixty, so most of our work was non-urgent.

Something like 40 per cent of people need no medical intervention at all. They just have a cold or a cough, something they could manage at home.

When should you use the ED?

If you have an actual emergency.

People are very subjective about emergencies. When something happens to you, it seems like an emergency, but we have to be specific about what an emergency is.

We define an emergency as a threat to life or limb. So if you are about to lose a limb or permanently lose function of a limb - that's an emergency. If your life is in danger - that's an emergency.

Everything else falls outside of that and should really go to Urgent Care rather than the ED. But if you think you have an emergency come to us and we will decide whether it is or not.

Choose well

Newham University Hospital's ED will be open over Christmas and New Year for orbital and life-threatening emergencies. It is there for a very specific reason - to help save lives.

There are many non-emergency services where you can get quicker treatment closer to home. Find your local GP and pharmacy services by visiting NHS Choices www.nhs.uk.

Many common illnesses can be treated at home - keep paracetamol or aspirin, anti-diarrhoea medicine, rehydration mixture, indigestion remedy and a thermometer in your medicine cabinet.

If your GP is shut the Urgent Care Centre at Newham University Hospital provides care from 8am to 11pm.

If you need help fast, but it is not an emergency, call NHS 111.

Musical youth

A music project by the Manor Park Schools Federation celebrated the Queen's baton for the Commonwealth Games arriving in New Zealand.

Pupils came together to hear a performance by members of the Commonwealth Youth Orchestra, find out about New Zealand and to learn how to perform together.

Gely Shatto, Director General of the Commonwealth Youth Orchestra, said: 'Newham's Every Child a Musician (NECaM) is an absolutely brilliant innovation. For children to be given free instruments and musical tuition is absolutely fantastic. What we want to do is complete the circle, to make an orchestra and a choir out of the NECaM students.'

The project is aiming to take students from the Olympic borough to perform at the Commonwealth Games in Glasgow 2014.



Music class to be a life-long memory

Win Wedding Show Tickets

To celebrate their 10th year the London ExCeL Wedding Show at London ExCeL, on 11 to 12 January is offering readers of the Newham Mag the chance to win one of ten pairs of tickets.

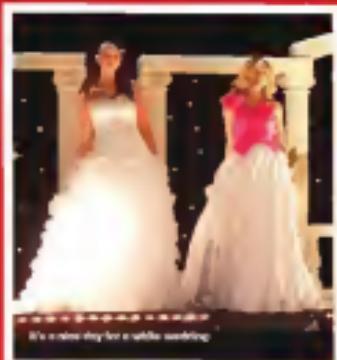
With a wide variety of big name exhibitors the show will also feature stunning catwalks showcasing the latest bridal and wedding wear, a champagne bar, and the Expert Thread where you can get advice on all aspects of wedding planning.

To be in with the chance of winning a pair of tickets answer this question. Which of the following does not mean to get married?

1. Get hitched
2. Jump the broom
3. Cut the knot

Email your answer, name, address and telephone number to newham.mag@newham.gov.uk or send it to Newham Dockside, 1000 Dockside Road, London, E16 2QJ by Thursday 2 January.

Tickets to the show cost £8 before midnight on January 10, or £10 on the door. To book tickets visit www.thelondonweddingshows.co.uk.



It's a wedding day for a while wedding

Trustees wanted

House Mill, the largest tidal mill in the world, is looking to recruit new trustees to support its transformation into a unique heritage destination.

The £5m works will restore the House Mill water wheel and heritage machinery to working order, install contemporary turbines to generate hydro-electricity and ensure the sustainability of the House Mill into the future.

The River Lea Tidal Mill Trust (RLMT) need enthusiastic people with a range of skills including project management, finance/fundraising and law. They are especially keen to attract members of the local community.

Apply with CV and covering note to: John Haggerley at info@housemill.org.uk.



Tash-tastic coppers

Throughout the month of November police and support officers in Newham grew moustaches and raised money for the Movember men's health campaign.

So far, Newham officers, staff and volunteers have raised more than £1,450.

To sponsor the Newham Police team visit <http://go.virginmoneygiving.com/teams/1166321>

Discover Christmas

Get ready to have some fun and stories because Discover Children's Story Centre, 303-307 High Street, Gants Hill, E14 has a fantastic holiday programme.

- Journey to Space - until Sunday 5 January
- Christmas Craytree - until Sunday 5 January
- Snowinator - until Sunday 5 January
- Tales and Tales - from 7 January
- The Gruffalo - Saturday 11 and Sunday 12 January - 12.30, 1.30 and 3pm
- The Tiger Who Came to Tea - Saturday 18 and Sunday 19 January - 12.30, 1.30 and 3pm
- Beauty and the Beast - Saturday 25 January - 2.30pm

Open Tuesday to Friday 10.15pm and 3 to 5pm, Saturdays, Sundays 11am to 5pm and open every day during the school holidays.

Child/Adult £5, Family of four £15, Newham residents £4.50, Under 2s FREE.

Call 020 8505 5000

www.discover.org.uk

Children's Story Centre
Discover

New year, New skills



Interested in learning a new skill? Want to start a new hobby? Why not pop along to the Gainsborough Learning Centre (1 Hamilton Road, West Ham, E15) Thursday 2 to Friday 3 January, between 10am and 2.30pm.

They are running taster days including: cupcake and cake decorating, visual arts, ESOL, maths, fashion and textiles. You will also be able to find out about any other courses that are running.

The centre is also offering courses for adults with learning difficulties and disabilities starting on 6 January including: cooking, puppet making, money managing through maths, ICT, art and craft.

Enrolment takes place 10am to 4pm, Friday 3 January.

Kids' corner



PLEASE SEND YOUR DRAWINGS,
JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry. We cannot return any entries.



Free membership at Stratford Picturehouse

The issue's winner receives free annual family membership of Stratford Picturehouse, which includes free tickets and discounts on films.

To be in with a chance of winning this or another great prize, send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QJ**. Don't forget to write your full name, age, address and daytime contact telephone number on the back of your entry. Good luck! Visit www.picturehouses.co.uk to see what's on



Stratford
Picturehouse

Colour-me-in Crossword



Answers

- 1. At Christmas, he has a coat for a nose (7)
- 6. Harry Potter's is called Hedwig (9)
- 8. Fish-eating water creature (9)
- 9. The postman carries these (7)
- 10. World's highest mountain (7)
- 11. Branched horns on Rudolph's head (7)

Answers

- 1. Document which can be stolen and which features a Christmas scene (8,8)
- 2. This Norwegian city presents its Christmas tree to London each year (11)
- 3. People kiss under this plant at Christmas time (8)
- 4. Christmas gift (7)
- 5. It is decorated with lights, baubles and tinsel (4)
- 6. Wood vessel (4)
- 7. Sausage (4)
- 8. Christmas decoration (4)



Foto: Orla O'Farrell

Foto: Orla O'Farrell

WHAT'S ON?

20 DEC
- 17 JAN

FIVE PAGES OF ACTIVITIES MOSTLY FREE, ALL FUN

OUR THRILLING THREE...

With the New Year looming why not try out a new sport? Each of these three clubs is offering a free lesson for free if you give them a try in January.

1

Newham Archers – why not give archery a shot with the Newham Archers? For full details call Niamh Densh on 07539 509 400 or email nevnhamarchers@btconnect.com

2

Boating – Get your fitness on the fast foot with boating at West Ham ABC. For full details call Lynne Jamison on 020 8472 3664 or email lynnejamison@yahoo.com

3

Badminton – Court good health with a game of badminton at Rangman Badminton Club. For full details call Khris Bang on 07800 834 007 or email Rangmanbc@gmail.com

Look out for our New Year section on 17 January for more on how to improve your health and fitness in 2014.

MENTION THE MAG...

Newham residents are being offered ten percent off their food bill at Aroma Tandoori Restaurant, all you have to do is mention the Newham Mag. If you spend more than £30 you also get another 10% off.

Aroma is an Indian bistro who specialises in authentic Indian food. They have just opened a new restaurant in Bow, and their chef, who has 20 years experience, says he is bringing his own special recipes to Newham.

Offer valid until 24 January 2014. Aroma Tandoori Restaurant, 172 Forest Lane, E13 9PL. For more information call 020 8369 8043 or visit www.aromatandoorirestaurant.co.uk



TRY SOMETHING NEW... SHOW PEOPLE

Why not get in the mood for Christmas by popping down to Show People – an exhibition of unique and humorous photographs capturing the moment we let our inner child take control and create something beautiful.

This exhibition by Britta Meldrum captures the art that everybody does – making snow people. It is an exhibition full of wit and charm, it will bring a smile to your face and make you giggle.

Show people runs until Sunday 12 January at Stratford Circus, Theatrak Square, P.O. Box 100, Stratford, E15 1JL. www.stratford-circus.com



Indicates free sessions

ARTS AND ENTERTAINMENT

Comedy Night

Mon, 8pm, Theatre Royal, Gerty Refill Sq, E15 4Mz
www.artsattheatre.com/comedy-night

COMMUNITY LEARNING

Knit & Natter

Adult group, Fri 10am-12noon, Canning Town
Wkd 10am-12noon, Beckton

UNDER-FIVES LIBRARY ACTIVITIES

Interactive Storytelling
Fri 10-11.30am, East Ham

Toy Library

Tues, 10am-12noon, East Ham

Storytelling

Mon 10.30-11.15am
Custom House
Mon 11am-12noon
Dockers Globe, Stratford
Tues 10.30-11.30am,
Custom House
Tues 11am-12noon
The Gate, Stratford
Thurs 2-3pm, North Woolwich,
Plessey Green St
Fri 7.15am-7.30am
Marin Park, Stratford

Homework Club

Fri 3.30-4.30pm, Stratford, East Ham, North Woolwich
Wed, 3.30-6.30pm, Green St, Marin Park
Thurs 4-6pm, Custom House
Forest Gate, Plessey
Fri, 3.30-6.30pm, Beckton, Canning Town

OTHER LIBRARY ACTIVITIES

Adult reading group
Thurs 2 Jan, 6.45pm, Plessey

Book to be decided

Over-50s Club

Thurs, 10am 12noon, Hackton Grove

Chess Club

Thurs, 5.30-7.30pm, Stratford

Employability Skills

ESOL class with a focus on creating a CV and communication skills for work Mon, 12.30-2.30pm, The Gate

Skills Rethink Family Arts Club (3-12yrs)

Sat, 12noon-2pm, The Gate

ESOL Class

Tues 9.30-11.30am, The Gate English classes, women only

Writing Group

Last Thurs each month, 5.45-7.30pm, The Gate

Writing for Fun

A ten week course introducing creative writing. Fri, 10am-Stratford Library free for people on 'Jobseeker's Allowance (JSA) or Employment and Support Allowance (ESA) £70 course for other benefits recipients. £60 for all other residents. Enrolment: 20 Dec, 2, 3, and 4 Jan at Forest Gate Learning Zone. Call 020 8527 4800

Reading for Fun

A ten week course introducing English literature. Sun, 2-4pm, Stratford Library free for people on 'Jobseeker's Allowance (JSA) or Employment and Support Allowance (ESA) £70 course for other benefits recipients. £60 for all other residents. Enrolment: 20 Dec, 2, 3, and 4 Jan at Forest Gate Learning Zone. Call 020 8527 4800

EXTRA ACTIVITIES

Hub Art Classes

8-11yrs: Tues 4.30-6pm
7-12 yrs: Thurs 4.45pm
The Hub, Call 020 7473 5249

Royal Docks Learning & Activity Centre

Man, Employment Support sessions, by appointment only

Tues Healthy Cooking Group

10am 12noon, E1
Parent and Toddler group, Tues, 10am-12noon
Over-50s computer classes 1pm 1pm, E1

Weds Coffee Morning

9.30 11am
Keep & class 10.11am, E1
Learn to Eat - Employment Support Drop-in, 7.2pm
Sewing Classes, Tues 12noon E1
English support for Work 1pm

Shop and drop (60+) 10.15am
Thurs: Ta Chi, E2, first session free 10.30am 12noon
Learn to Eat, 11.30am-1pm
Royal Docks Learning & Activity Centre, Albert Rd, E16
Call 020 7474 5232

Table Top Sale

Saf your goods, £5 a table
£10/£15 of every month. Sun 3pm, Jack Comwell Community Centre, Call 020 8553 3453

Grama Classes (8-11yrs)

E3 if you took the classes
Every Tuesday 4.30-6pm, The Hub, Call 020 7474 6376

Drama Workshops (3-6 yrs)

Weds, 10.11am, E3
Grazeys, Memorial Park, E15, Call 020 7474 6376

Music Therapy

Term time sessions to help develop interaction with children
Thurs 3.45pm, Shrewsbury Children's Centre, Manor Park, Call 020 8373 6050
Fri 2.15-3.15pm or 3.45-4.45pm, Queen Lawrence Children's Centre, Manor Park, Call 020 8373 7287
Harrowneham-music.org.uk

MOVING AND SELF-DEFENCE

Boxing

Mon, Wed, Fri, 5.6pm
West Ham Boys ABC, Shirey The Black Lion, 59-61 High St, E13, Call 020 8472 3614
Mon, Wed, 5.8pm
Preston ABC, 8-yrs, Carlton St North, E16

Call 020 7511 3799

Mon, Wed, Fri, 6.7.45pm
Newham Boys ABC
6-yrs, Old Bath House, 141 Church St, E15
Call 020 8619 5882
Fight For Peace 114
Woodmen St, North Woolwich, E16, Call 020 7474 0054

Amazeballs Kids Gloves

Adults and kids
Sun, 6-8pm
Thurs, 4pm, 12pm
Sat and Sun, 11am-4pm
Tud TKD Boxing Gym, Gillian House, Stephenson St, E16
Call 020 7474 3799

Punch Out (10-14yrs)

Tues, 5.6pm, Kethena Rd Community Centre, 254 Kethena Rd, E7 Email: project@newham.gov.uk

Shequjin Karate

Fri, 6.7pm and 7.8.30pm
Sun, 10.7.11am, Under 15s E4
10-yrs, E8, cones E5
Wed (during term time) 6pm only
4.30-5.30pm

Newham Shaolin Karate Club, Newham Leisure Centre, Call 07500 070 638

Geeklands Karate Club

First session free, Mon, 6.20-8.20pm, under 16s E4 16-18 cones E5, E7, Sports Dock, Call 07766 685 869

Tang Soo Do (5+ yrs)

Sat, 1-2.30pm, 7.30-8.30pm, The Hub, E16, E2 - family discount available
Call 07725 848 428 or email: ace_ratt@btconnect.com

Hop, Skip and

Punch (3-6yrs)

Tues 4.5pm, Kethena Rd Community Centre, 254 Kethena Rd, E7
Call 020 8618 9825

Guruwa Taekwondo

Mon and Wed, children 6.7.20pm, Juniors and adults 7.30-8.30pm, Moneta Primary School, Hollow Rd, E12
Call 07937 703 140



JFI Karate (5+ yrs)

For children and teens
Mon, 5.30pm, Wed, 5-6.30pm, The Harley Centre
Call 07818 000 643

Kickboxing

Mon, Wed and Fri, 6.30-8.30pm, Tud TKD Boxing Gym, Stephenson St, E16, Call 07944 573 927 or email: eastlondonkickboxing@gmail.com

HEALTH AND FITNESS

Bootcamp

Boundary Bootcamp, parent and child (7-12yrs)
Tues 6.7pm, child's free
Indoor/outdoor

Britannia Village Hall,

65 Evelyn Rd, E7
90 Day Boot Camp Challenge

Outdoor

Mon and Thurs, 7.15-8am, Tues and Thurs, 7pm, Central Park, High St South, E8
Taxis Boot Camp (7-14yrs), Weds, 5.30-6.30pm, Themes Centre Park, Bower Point, E16, Email: info@stairphysique.co.uk or call 07904 625 402

Bootcamp (men only)

Thursdays, 7.30-8pm, E3 Langdon School Sports Centre, Sussex Rd, E3
Call 07818 000 643

Zumba classes

Thurs 7.10-8.30pm, London Tamil Singers, 389 High St, North, E12, Tues 7.30pm, Hethaway Centre, Hethaway Crt, E12, Call 07720 805 605

**Yoga**

Tues, 6.10-7.10pm,
Fri, 10.30-11.30am;
£3.50 (£3.50 concessions) The Hub
Weds, 6.45-7.45pm
The Uniting Church,
West Ham Ln, E15
Call 07866 866 007 or visit
newmyconco.com.uk

Gale 7 Yoga

Yoga Tues 10am, £5 Forest
Tavern, 179 Forest Lane, E7
Yoga Tues, 7pm, £5, Forest
Gate Methodist Church, E7
Ladies Only Keep Fit, Weds,
10am, E7, Chondas Diet
Centre, Chondas Road, E15
Ladies Only Keep Fit, Thurs,
7.30am, E1 5Q, Rokety Centre,
Rokety St, E15
Bow & Draw, Thurs, 6.30pm, E5,
Yoga, Play Abbey Lane, E15
Yoga, Fri, 10am, £5, Forest
Tavern, 179 Forest Lane, E7
Call 07950 944 055
newgale7yoga.wordpress.com

Twisted Pink

Street Dance (7-14yrs), Thurs,
5.30-6.30pm, Singing, Thurs,
6.45-7.45pm, Street Dance (15+
yrs), Fri, 6.7pm. All sessions £3
Wibsey House, Herford Rd, E12
Call 07534 513 307,
visit www.twistedpink.org.uk
email twistedpink@btconnect.com

Zumba

Mon and Thurs, 6.30-7.30pm
£5, Pellow Community
Centre, 63 Queens Rd, West
E13. Call 07916 327 547

Zumba Fitness with Jess
Weds, 7.15-8pm, £3.50
Village Lane Community
Centre, Gower St, E15

Call 07709 020 966

Zumba Circuits

Sat, 9.30-10.30am, £4,
Community Resource Centre
899 Chingford Ln, E13
Call 07839 179 587

Uisty Zumba

Mon and Thurs, 8.30pm, Hartley
Centre, 287 Barking Rd, E6
Tues, 8.30pm, and Thurs,
8.15-9.15pm, St Mark's
Community Centre,
218 Tolpuddle Rd, E6
Sun, 6.30-7.30pm, West
Community Centre, 49
Vinegar Ln, E8. £5 per person
Call 07865 684 573 or email
uistyzumba@outlook.com

TEENNIS

Indoor Tennis, Thurs, £3
10-14yrs - 5.30pm, 16+ yrs -
6.30pm, The Hub, Newham
Leisure Centre
Call 020 3373 8000

SO ACTIVITIES

Newham LGBT Dinner Club
First Thurs of every month,
6.30pm. Free, but you pay for
your own dinner. Theatre Royal
Stratford East Bar, E15
Call 020 7239 0447

Newham Striders

Daily walking group
Call 0844 414 2726

Ballroom Dancing

Mon 10am-1noon, St Paul's
Church Centre, Burgess Rd, E8
£2.50 per session
Call 07761 209 463

Menital Walking

Wed, 9.30am, Meet at Lord
Lister Health Centre, Forest Gate
not suitable for wheelchairs, £2
Call 07783 880 429

Fri, 6.30-8pm, Meet at
Newham Leisure Centre
Sun, 10-11.30am, Meet at East
Ham Leisure Centre

GREEN**Garden Club**

Tues, 1.30pm, Thurs, 4.30pm

Sat, 10am-4pm, Abbey Goods,
Bowers Row, E15

Gardening Thymes
Gardening Club

Fri, 11am-1pm, Bowring
Green, Central Park, High St
South, E9

DOORSTEP CLUBS**Gym & Basketball (14+ yrs)**

Tues, 6-9pm, E2 Rokety
School, Barking Rd, E6

Shant & Tumble (14+ yrs)

Thurs, 7.30-8pm, E9
Talent, Cheer & Dance, Gallions
Reach, Arnside Way, E8
Call 07855 612 610

WOMALE SPORTS

Call 0844 414 2726 unless
otherwise stated

Dare2Dance (11-12yrs)

Street dance, Fri, 6.30-6.30pm,
Newham Leisure Centre

Girls Spinning Sessions

(11-17 yrs)

Tues and Thurs, 5.30-7pm
Newham Leisure Centre

Female Only Gym Sessions

Tues and Thurs, 5.30-5pm
11-20yrs, Mon, 3-4pm, 16-20yrs,
Newham Leisure Centre

Female BoxFit Classes
(14+ yrs)

Mon 4.15-5.15pm, Bawdon
Leisure Centre, Call 0870 783 526

Girls Football (11-14yrs)

Tues, 3.30-5.30pm,
Newham Leisure Centre

Shelli's Yummy**Mummy Buggy (16+ yrs)**

15, Mon, 10.11.20am,
Central Park, High St, South, E8
meet outside cafe in the park
Fri, 10.11.20am, Pleshey Park,
Pleshey Grn, E8
Call 07908 614 968 or email
apexcn@bt.com

Jamica's Fitness (16+ yrs)

Tues and Thurs 9.30-10.30am
Soca and Zumba, E5
St George and St Ethelbert

Church Hall, Burford Rd, E6

Email info@jamicas.co.uk or
call 07818 000 643

**Zumba, Soca and
Salsa Fusion**

Mon, 6.45-7.45pm, E5
The Hartley Centre
Call 07818 000 643

Sentie's Circuits (16+ yrs)

Tues and Fri, 10-11am, E4
Riley Christian Centre,
94 Upton Ln, E7
Call 07683 280 108

Body Blast (16+ yrs)

Tues, 6.30-7.30pm, E5
Wednesday, 7.30-8pm, E5
Thurs, 12.30-1.15pm, E5
Fri (inhalers), 6.30pm-7pm,
E2 8G. Please membership
£30 (entitles you to come to all
classes for whole month) Talent
Central, Unit 27a, 3 Amade
Way, Gallions Reach Shopping
Park, E6. Call 07865 612 610

Abs Blast (11-15 yrs)

Thurs, 5.30-6pm,
E2 10, Newham Leisure Centre

Women United AFC (11+ yrs)

Mon (from 1pm only), 5.7.15pm
E1, Kingsford School, E8
Call 07752 932 879

Just Play (16+ yrs)

Wed, 6.30-8pm, multi-sport
session (term-time only)
NewVic. Call 0844 414 2728

Just Play (14-16 yrs)

Wed, 6.30-8pm, multi-sport
session (term-time only) NewVic
Call 0844 414 2728

Get Back Into Netball

Tues, 6.7.30pm, juniors,
7.30pm, seniors, E2, Laker
Community School, St Mary's



Rd, ET3. Call 07717 281 529

Women's Badminton

Fri 1-2.30pm, East Ham

Leisure Centre £2, equipment provided. Call 07530 162 506

Keep Fit - Stay Fit

Sat 10-11am, £3.50

Jack Cornwall Community Centre. Call 07755 054 116

Bodyshape Fitness

Zumba for women. Thurs

7.30pm £4. Dungeness

Community Centre, Dungeness, Kent. Call 07939 179 587

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE**Family Swims for Disabled Children and Adults**

Sat 4.30-5.30pm Newham Citizens Swimming Club, Newham Leisure Centre. Call 07831 788 739. Sun, 12.30pm, Family Swim, Balsall Leisure Centre, £5. Call 0800 747 5274.

Swim for Families dealing with Autism

Wed, 4.30pm Balsall Leisure Centre. Call 0800 7476 3274.

Get Fit for Free

Tues, 4.30-5.30pm and Fri, 7.30am-12noon. Free gym use for people with learning disabilities. Newham Leisure Centre. To book an induction call 0800 7511 4477.

Disabled Athletics (6-18yrs)Tues, 4.15-5.15pm, Brixton Manor Roman Rd, E6. Thurs, 4.30-5.55pm, St Angels Ursuline School, 1 St George's Rd, E7. Email crouse@englandsathletics.org**Ability Club (11-25yrs)**

Multi-sports for disabled young people. Weds, 5.30-6.30pm and Fri, 4.45-6pm. Newvic.

Trampolining Sessions (11yrs)

Tues, 4.30-5.30pm, U18s, Newham Leisure Centre. Call 0800 7511 4477.

Mixed Swimming Sessions for Adults and Children

Week 10am-12noon East Ham Leisure Centre. Call 020 8548 5800.

Sensory PlayFor children under 5 with special needs: speech and language delay or physical disabilities. Term time only. Fri 10-11.30am, Oliver Thomas Children's Centre, Meltham Ave, E6. Email kathy.holdsworth@oliverthomasnewham.org.uk

Call 020 8821 0807.

RUNNING**East End Road Runners**

Tues and Thurs, 7pm Sun, 8am. Meet on the track, coached sessions for all abilities. Newham Leisure Centre. Call 07979 281 547.

Run England

All sessions are £2 unless stated. Sun, 10am-12noon, Newham Leisure Centre (meet on track). Mon 4.30pm, Newham Leisure Centre (meet on track). 5.45-6.45pm, Newham Dockside E16 (meet at reception). Tues 8.30am, Newham Leisure Centre (meet on track). Weds 12noon-1pm, Newham Dockside E16 (meet at reception). Thurs 9am, 5.15-6.15pm, U13, Docklands Campus, E16 (meet at reception).

Sat, 10-11.30am, East Ham Central Park, E5 (meet at the cafe). 10-11.30am, Wardham Fields E12 (meet at Hamro Rd, Changing Pavilion). 10-11.30am, Memorial Park, E15, £4 (meet at car park). Call 07718 304 574.

Beckton Park RunSat, 9am, Beckton Park, South E16. Call 07718 384 756. www.parkrun.org.uk/beckton**SPORTS****BMX**

Sun 10am-12noon, £18yrs, £20/2 members/£10 annual.

membership. Geesey Playing Fields, St Albans Ave, E8. Call 07961 333 615 or email paul.farming@activenewham.org.uk**Indoor Rounders (14+yrs)**Weeks 7.30pm E1. U13, SportsDock E16. Call 020 8372 9000 or email paul.farming@activenewham.org.uk**Indoor Cricket (8-16yrs)**Weeks, 6-8pm, E2. U13, Community School, St Mary's Rd, E13. Email paul.farming@activenewham.org.uk**Swimming (5-16yrs)**

Newham Young Britons ASC Sat 8.15-9pm E2, Newham Leisure Centre. Call 07968 304 518.

Woodside Badminton Club

Th 7.30-9.30pm, intermediate and club standard. £5. wedged23 unweighted. Carpenters Docklands Centre, 56 Gibbons Rd, E15. Call 07968 781 876.

Newham Swords (4-7yrs)

Tues, 6.30pm Thurs, 6.30pm Fri 7.10pm Classes for adults (16yrs) and mini pirates (4-7yrs) also available. U12, SportsDock. Call 07968 618 898.

Table TennisThurs, 6.30-8pm. Beginner and intermediate adults. Stratford School, Upton Ln, E15. Call 07918 577 718 or email gtt@ymail.com**Badminton**Thurs 7.30pm (jam time only) £5 for a court and bring a racket. Little Ford School, Browning Rd, E12. Email morgan_phill@hotmail.com or call 07944 177 253.**FOOTBALL****Mayor's Football League**

U10yrs, U12yrs, Mon 4.30-6pm, U16yrs, U18s 6-7pm. Newham Leisure Centre.

**activeNewham Premier League (16+yrs)**6-a-side (6 subs). Weds 7.10pm Newham Leisure Centre. Visit www.activenewham.org.uk**WNU Kickz**

Football, Mon, Tues, Fri 12.15yrs, 4.45-530pm, 18.18yrs, 5.30-7pm. Girls, Mon 4-7pm. The Hub.

Football/FCym Session Thursday 6.30pm Little Ford Learning Zone, 1 Rectory Rd, E12. Football Thurs 5-6pm, Stratford MUFA.

Football/Athletics Sat, 10.30am-12noon Newham Leisure Centre.

Football & Multi-Sports

Mon 5.30pm, 8-10yrs. Weds 5.30pm, 8-10yrs. Stratford Park MUFA, West Ham Ln, E15.

5-a-side Football

Weeks 5.30-6.30pm, 8-10yrs. Ford Park, Ford Park Rd, E16. Thurs, 5.30-7pm, 8-10yrs, Royal Victoria Gardens, Per Rd, E15. First Sat of the month, 10am-1pm, U10s, U12s, U15s, Poshet Park, Poshet Grv, E8.

Football & Multi-Sports

Sat 9.30-10.30am, 8-10yrs. Winsor Park Estate, Winsor School MUFA, East Ham Manor Way, E8.

AB Football (16+yrs)

Tues 1.30pm and Fri 10am. 12noon, Marston Park, Marston Ave, E15. Fri 3.30pm, Beckton Pavehouse, E13.

www.abfootball.co.uk



Ascension Football Academy

12 School year: Reception to Y7
Sat, 10-11am, King George V Park
King George V Rd, E18
Cell 07905 604 925

Men's Health Football

Fitness Sessions
Sat, 10-11am, West Ham United Community Training Facility
60a Abberton Ctr, E6
Call 020 7473 7724

BASKETBALL

Youngbloods Basketball

All sessions cost £7
U12s: mixed, Sat, 1-3pm
East Ham Leisure Centre
U13/14s: boys, Mon, 6-8pm
St Angela's School, E7
Tues 5-30-7.30pm
Newham Leisure Centre
U14s girls: Mon 4.30-6pm,
St Angela's School, E7
Tues 5-30-7.30pm
Newham Leisure Centre
U15/16s: boys, Tues 8-8pm
East Ham Leisure Centre
Fr 6-8pm, St Angela's School E7
U17/18s boys: Tues 8.30-4.30pm
East Ham Leisure Centre
Thurs, 7.30pm, St Bonaventure's School, E7 Fr 6-8pm, St Angela's School, E7 Call 07958 907 637

Newham All Star Sports Academy (NASSA)

Sessions are £7 unless indicated otherwise
Weds 4.20-6pm U13-14
6-8pm, U16-18
8-10pm: Senior Men
Thurs, 4.20-6pm U13-14
6-8pm, U16-18

Football

8-10pm, Senior Women, E2
Fr 4.20-6pm U13-14
6-8pm, U16-18
8-10pm, Senior Men Run, E2
Sat, 10.20am-12.20pm, Junior boys and girls, 9-14, E2
All sessions take place at U2,
Docklands Campus, Cllr CY7/03
500 995 or 07712 176 301
Visit www.hssports.org.uk

National League

Mon, 6-8pm U13/14s,
Polesbury School,
Barking Rd, E16
Tues, 6-8pm U15/16s:
Polesbury School,
Barking Rd, E16
Thurs, 4.30-5pm,
U13/14s boys, U14s girls,
Newham Leisure Centre,
Prince Regent Ln, E13
6-8pm, U16s
Newham Leisure Centre,
6-8pm, U17s, Cumberland
School, Open Ctr, E13

Gifted and Talented

Fr, 4-7a 5.30pm
Cumberland School,
Open Ctr, E13

Senior Programme

Mon, 7.30-9.30pm
Division 2 Women and Division
3/4 Men, Polesbury School
Canning Town, E16
Call 07947 401 616

3v3 Basketball League

Thurs, 5-7pm, 8-18s, Forest
Gates Youth Centre, Woodford
Rd, E7
Fr 7-8pm, 8-18s, Little Ford
Hub Zone, Recy Rd, E12

3v3 Basketball Competition

2nd Sat of the month
10am-1pm, U12s/U14s/U16s,

Little Ford Youth Club,
Recy Rd, E12

Basketball & Multi Sports

Fr 5.30pm-6-8pm, Snowdale
MUGA, Snowdale Rd, E12

COMMITTEE MEETINGS

All meetings take place at
Newham Town Hall, Barking
Rd, E6, unless specified

Tues 7 Jan, 7pm,

Ageing and Employment
Scrutiny Committee,
Committee Room 2

7pm, Health and Social Care Scrutiny Committee, Committee Room 1

Tues 14 Jan, 7pm, Children and Young People Scrutiny Committee, Committee Room 1

7pm, Residents' Housing Scrutiny Group, Committee Room 2

Weds 15 Jan, 7pm, Audit Board, Committee Room 7

Thurs 16 Jan, 8pm, Cabinet, Council Chamber

5.30pm, Mayoral Proceedings, Council Chamber

7.30pm, Governors Forum, Council Chamber

Visit www.newham.gov.uk/committee for updates.

CONTACT THE MAJOR

Mayor's walk in surgery

Registration for surgery is
within the 30 minutes before
advertised start time

Tues 14 Jan, 8am The Place 2 Silvertown Way London, E16

Mayor's Telephone

Surgery
Weds 8 Jun / Please call 020
8420 2000 between 9.30am
and 10.00am and ask for the
Mayor's telephone surgery no a
member of staff can take your
details and arrange a callback

LIBRARY CONTACTS

Beckton Globe:
1 Kingsford Wy, E8

Canning Town Barking Rd, E16
Custom House

Prince Regent Ln, E7
East Ham High St, South, E8
Green Street 307-341 Green St
The Gate 6-8 Woodgrange
Rd, Forest Gate, E7

Manor Park

622-631 Hornfield Rd, E12
North Woolwich

5 Pier Parade, E8
Plaistow North Street, E13
Stratford 3 The Grove, E15

Archives and Local Studies
printed postal and email service
only call 020 3373 6881
email: archives@newham.gov.uk

**Community Outreach
Services** To find out more call
020 3373 0813

CENTRE CONTACTS

Balkum Leisure Centre
Balkum St, E7
East Ham Leisure Centre

324 Barking Rd, E6
The Hartley Centre
267 Barking Rd, E6
The Hub 123 Park Ln, E16

**Jack Cowell Community
Centre** Jack Cowell St, E12
Newham Leisure Centre
201 Prince Regent Ln, E7
Newvic Prince Regent Ln, E13
UEL Sports Deck Docklands
Campus, University Way, E16

All listings may be subject
to change, please contact
individual events and
activities before attending.

Hundreds of services
— one website. Visit
www.newham.gov.uk

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- Organising an event
- Fundraising
- Design & making
- Jobs in theatre and in the arts
- Marketing and press

First Monday of every month, 5pm - 7pm
No booking required

**SPRING
DATES FOR
2014**

6 Jan, 3 Feb,
3 Mar and 7 Apr.



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